10 Under the Stars

14 Legacy of the Games

27 Youth in gold rush

thenewhammag

issue 280 // 2 – 16 August 2013

And they're off

Golden girl Victoria Pendleton joins residents back in Olympic Stadium (p12)

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..a people's theatre

CAMPAIGN FOR JOAN LITTLEWOOD SCULPTURE

Theatre Royal Stratford East [illegible] the support of [illegible] Wales and Newham Council have launched a public appeal to raise money for a sculpture to remember the legendary theatre director Joan Littlewood.

Internationally acclaimed artist Philip Jackson has been commissioned to create the bronze sculpture, which will be placed in Theatre Square, Stratford. His recent works include the *National Memorial Sculpture to HM Queen Elizabeth, the Queen Mother* in The Mall, London; *The Bomber Command Memorial Sculpture* in Green Park, London and the *Champions* sculpture of Bobby Moore at Upton Park.

"Joan Littlewood brought theatre to the people of Newham and revolutionised the international theatre landscape with her bold and powerful productions. She was an inspiration to many and we want to recognise the significance of her impact and build upon her success to inspire future generations both across the borough and at a national level.

"We're delighted to have raised more than 50% of the funds required to commemorate her with a sculpture in Theatre Square in Stratford and are asking local residents to play a part. Any donation, no matter how small makes a huge difference, so please support the campaign today."

Kerry Michael,
Artistic Director, Theatre Royal Stratford East

Please give now at
STRATFORDEAST.COM

NO DONATION TOO SMALL!

Any donation, no matter how small makes a huge difference, so whether it's £1 or £100, please support the campaign today.

the newham mag

Look out for the next issue from 16 August 2013

contents

2 August 2013 // issue 280

A year after the Games we are seeing big benefits. The legacy boost is becoming more obvious (p14). Residents are running in the Olympic Stadium (p12), local sports clubs are achieving new heights (p24) and Newham's school children are winning medals at the London Youth Games (p27).

Coming soon we have: disco nights at Under the Stars (p10), scary books in the Summer Reading Challenge (p18), plus theatrical courses with Summer Arts at Stratford Circus (p31 and p38). You should also check out some of our special summer offers in What's On (p34).

Have a super summer.

Cllr Anthony McAlmont
Executive member for tenants and leaseholders

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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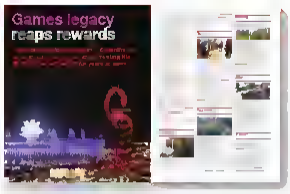
Regulars

04 **NEWS** – two pages of news from across the borough
06 **MAYOR'S VIEW** – news from Sir Robin Wales
20 **NEWHAM IN PICTURES** – your fortnight in photos
23 **CAUGHT ON CAMERA** – an infestation of litter bugs
24 **WORKING LIVES** – taekwondo coach Sivakumar Renganathan seizes the Olympic legacy
30 **OUR NEWHAM** – community news
32 **KIOS' CORNER** – poems, pictures and puzzles for our younger readers
34 **WHAT'S ON** – five pages of activities and events for you to try – most of them free



14

18

12

24

Features

09 **KEY SKILLS** – Sophie Doherty conducts a class
10 **UNDER THE STARS** – a Saturday night fever and a symphonic Sunday
12 **HITTING THE TRACK** – residents on the run
14 **ONE YEAR ON** – looking at the added value the Games has brought to Newham
16 **A ROOM OF YOUR OWN** – some of the pitfalls of private renting
18 **SCARY READS** – this year's spooky summer reading challenge
27 **MEDALS OF HONOUR** – meet the heroes of the London Youth Games
29 **WORKLESSNESS DOESN'T PAY** – the Government's new benefits cap could be hard to wear

Newham London

Find us online at www.newham.gov.uk/mag For information on all Newham Council services visit www.newham.gov.uk

Shape care future
Carers have the chance to shape how Newham Council gives them the vital support they need

From September, the council will start retendering support services for adult and young carers and service users can be part of the process

This will involve evaluating tender documents and possible site visits Time commitment will be no more than seven days between October to January

If you would like to take part send your details and a document of no longer than a page stating why you want to be involved to **Ruth.wright@newham.gov.uk** by 12noon, Thursday 22 August

Illegal summer booze crackdown
A summer crackdown has been launched on illegal booze by Newham's enforcement officers

The council is repeating last year's similar operation, which included the discovery of vodka laced with cleaning fluids

Councillor Unmesh Desai executive member for crime and anti-social behaviour, said "This illegal alcohol is a risk to people's health Anyone who is suspicious about what they buy should contact us immediately" **www.newham.gov.uk/tradingstandards**

Fire station open day
East Ham fire station in High Street South, E6, is hosting an open day on Sunday 18 August from 11am-4pm

The station will be open to look around and fire engines and rescue vehicles can be inspected There will also be demonstration drills on fire rescue how to cut someone out of a car and dealing with hot fat fires

For more information call 020 8555 1200 Admission is free

Sporting boost for Plaistow

Councillors and youngsters at the games area

Residents can now enjoy a range of sport activities in Plaistow, whatever the weather, thanks to a new community games area funded by the council and Viola Environmental Trust

A free, all-weather Multi-Use Games Area (MUGA) has been opened at Valetta Grove Open Space in Lettsom Walk which can be used by people aged over eight for football, hockey, basketball, cricket, tennis and volleyball

Mayor Sir Robin Wales and councillors Forhad Hussain, Sheila Thomas, Neil Wilson and Joy Laguda joined Portway Primary School pupils to celebrate the opening

Sir Robin said "Residents told us that they want more open spaces and this MUGA provides just that Our investment into sports is seeing increased opportunities for local people to get involved in physical activity, regardless of age or ability"

Jobs on the way for Canning Town

Hundreds of jobs are set to be created with the approval by Newham Council of two multi-million pound retail developments that will bring back to life two derelict areas

A new retail warehouse is set to create up to 375 jobs on the site of the former East London Mail Centre in Twelvetrees Crescent, Canning Town

Further jobs will be created by the redevelopment of an existing retail park in nearby Manor Road into five units. It is estimated that 50 jobs will be generated

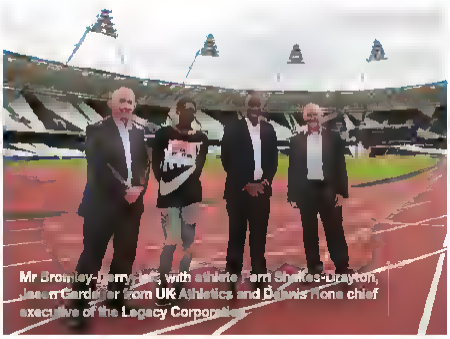
Councillor Conor McAuley, executive member for regeneration, said "These are two significant developments that will create real opportunities for people in Canning Town and revive neglected sites Revitalising one of the poorest parts of the country will enable our community to enjoy the same life chances as those in wealthier parts of London"

News

Athletics legacy is on track

Athletes of all abilities will have use of the Olympic Stadium, thanks to a landmark agreement which will create a new national centre for athletics

Newham Council has signed a 50-year agreement with UK Athletics and the London Legacy Development Corporation that will see the Olympic Stadium annually host all levels of athletics, including regional and national age group championships and elite international events



Mr Bromley-Derry [illegible], with athlete Perri Shakes-Drayton, Joseph Gardiner from UK Athletics and Dennis Hone chief executive of the Legacy Corporation

There will also be year-round training opportunities for local athletes and clubs at an adjacent permanent community track.

Newham Council's chief executive Kim Bromley-Derry said: "We are delighted that the next generation of Team GB's gold medallists and local people will be able to use the stadium. That's a real, lasting legacy."

Gangs get tough wake-up call

Ten people were arrested in a series of early morning raids as part of the Metropolitan Police's and Newham Council's enforcement work against gangs and drugs.

Eleven search warrants were served across the borough, which resulted in ten men aged between 16 and 22 being arrested for offences such as conspiracy to supply drugs and aggravated burglary.

Mayor Sir Robin Wales said: "We have been working closely with the police for a long time to tackle gangs and drugs in our community.

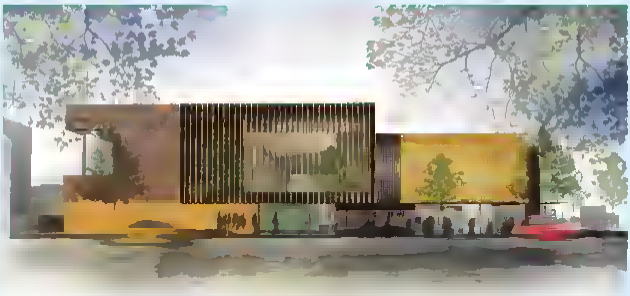
"We will be following up the operation by visiting the properties to drive home the message that anyone involved in crime and anti-social behaviour will be the subject of robust enforcement."

Plans for new leisure centre going swimmingly

Exciting plans for a new state-of-the-art Atherton Leisure Centre and new homes are a step closer to becoming reality.

Plans for the new £14.7m centre in Romford Road, E15, have been passed by the council's Strategic Development Committee. This followed a public consultation with residents.

The new centre will feature a fully accessible teaching pool and new community pool plus a bigger and better health and fitness suite.



An image of the new centre

Mayor Sir Robin Wales said: "A year on from the Olympic Games, we are making clear our commitment to ensuring the legacy for residents will be first-class sport and leisure facilities. We are doing this at a time when other councils are closing down or selling off their assets."

The legacy race is a marathon not a sprint

We promised to keep the spirit of the London 2012 Games alive and I am delighted to be able to say that our commitment is becoming reality.

Twelve months on from that magical summer, I was proud to welcome many of you to Queen Elizabeth Olympic Park for the National Lottery Anniversary Run and Family Run.

We secured almost 1,300 free places for residents in the main five-mile run and another 350 places in the one-mile Family Run. I can't begin to describe how incredible it was to see the Olympic Stadium come alive again, and it was only right that local people were able to play such a big part in the first major event in the stadium since last year's Games.

I started the main race with Britain's most successful Olympian Sir Chris Hoy, before joining in. I thoroughly enjoyed it, crossing the finish line in under 45 minutes.

Not only had we been able to run on the track that greats such as Mo Farah, Jess Ennis, Usain Bolt and David Weir have graced, but we were watched by families and friends. And we got to see how the park and iconic venues are being transformed.

Thanks to the council's decision to invest in the stadium, we can continue to look forward to a lasting legacy from the 2012 Games that will see many more community events to inspire and encourage people to take up sport.

We swiftly followed the run by signing a historic 50-year agreement with UK Athletics for the stadium to host a range of athletics events from national age group championships to elite international events.

The deal will also create year-round training facilities for local athletes and clubs right next to the stadium. Among the 2012 Games medallists were members of our community athletics club Newham & Essex Beagles. I firmly believe Newham youngsters will one day be medal winners as a result of this agreement.

We made a commitment to inspire a generation. Everyone in Newham – whatever their ability or goals – will be able to use the world-class facilities. That's a real, lasting legacy for our community.

Mayor's view

Under the spell of words

To reach their full potential every child must be able to read, write and spell. That is why the investment we are making to help our primary school youngsters improve in these areas is massively important.

So I was delighted to be invited by Elmhurst School in Forest Gate to award the trophies in their Spelling Bee competition. The contest involved pupils from 22 schools over two days showing their love for words and reading.

I was inspired by the young people who were asked to spell a broad selection of words with varying degrees of difficulty. But throughout it all they were having fun and learning something in an entertaining way.

Well done to teachers Rubina Rehman and Zenam Khan who worked hard with all the schools involved to put the event together. It served as a timely reminder that working with excellent primary schools in Newham we can promote good spelling and literacy amongst our children at every opportunity.

Well done to Elmhurst, Park and Tollgate primary schools who scooped the trophies. But every child involved was a winner.

Congratulations to birthday girl Violet

A telegram from The Queen and a celebration with friends and family was the way Violet Pavey celebrated her 100th birthday.

I popped into her party at the Manor Farm Care Home in East Ham where balloons, flowers, cake and an old fashioned sing-song were the order of the day. I was delighted to be asked to read out the contents of Violet's telegram from Her Majesty.

Violet has lived in Newham all her life and worked as a nanny in her younger years. I asked for her secret to a long life and she told me to be happy and not stress about things. That's something we should all do if we want to live to a ripe old age. I wish Violet many more happy birthdays.

CULTURAL CELEBRATIONS

Join us in creating Community Big Art Chinese Dragons and the kids can make and decorate a Chinese lantern or learn a selection of Chinese Style Circus Skills - Ropes, Balls, Bats and hoops

COMING SOON
INDIAN WEEK WEDNESDAY 14TH AUGUST
POLISH WEEK WEDNESDAY 21ST AUGUST
BRITISH WEEK WEDNESDAY 28TH AUGUST

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GALLIONS REACH BECKTON

Are you interested in earning some additional money in your spare time?

If so Newham Electoral Services are looking to recruit canvassers to help update the 2013/2014 electoral register

There are three stages to the canvass process

- **October** - delivery of forms to each household in an allocated area
- **November** - delivery of forms to some households in an allocated area
- **January** - canvassers to make personal calls to households to obtain information for the electoral register

Payments will be made for each individual form delivered as well as information collected by way of personal calls with payment based according to the number of forms completed. All payments will be made in February 2014

For further information contact Yasmin on **020 3373 2794,** Zena on **020 3373 2789** or email **elections@newham.gov.uk** by 16 August.

thenewhammag

To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

Teach the musicians **of the future**

The musical tones of thousands of Year 5, 6 and 7 students are ringing out across the borough as Newham's Every Child a Musician (ECaM) programme goes from strength to strength. But it's not only pupils who are benefiting from this unique opportunity.

Talented violinist Sophie Doherty is one of 160 Newham music tutors helping to deliver ECaM. The Plaistow-born mum of two is a part-time ECaM tutor at East Ham's Nelson, Canning Town's Hallsville and Manor Park's Sallsbury primary schools.

She was attracted to the council's call for local musicians to help deliver ECaM by the flexible hours, which she could work around family life and other work commitments. She also wanted to rekindle her love for music.

She said: "Firstly you have to apply to the Local Tutor Training Programme (LTTP), which is part-time. You have to perform two pieces of music and sit an interview. The training programme offers workshops, online learning and experience of working in Newham's classrooms. There is a lot of practical help and support from experienced musicians. If you're successful, at the end of the course you can apply to ECaM to become a music tutor."

As well as sharing her talents with mini-music lovers, the violin and viola teacher has also benefited from a masterclass with classical music's finest: the Royal Philharmonic Orchestra. Since doing the LTTP Sophie has applied for training to teach children with special educational needs and hopes to go to university in the future.

Watching the musicians of the future grow is what Sophie likes best about her job. She said: "It's great to see someone develop and progress. They often start off not being able to hold their instrument but within a few weeks they are playing music and enjoying it."

Apply to train

If you live in Newham and can play an orchestral instrument, the guitar or keyboard to a high standard, you could apply to our Local Tutor Training Programme. New courses begin in September. Turn to page 22 or email **ecam.tutor@newham.gov.uk** for more information. The ECaM Local Tutor Training Programme is supported by Workplace, the council's successful employment project. Find out more about Workplace by visiting **www.newham.workplace.com**

BOOGIE NIGHTS AND ORCHESTRAL FIREWORKS

Get ready to get down at Under the Stars. From Thursday 15 to Sunday 18 August, Central Park in High Street South, E6, will play host to four FREE evenings of inspirational music.

If you like music or just fancy a tabulous evening out with your family you'll be over the moon at Under the Stars

These four nights of music open on Thursday with the jazz grooves of **Brand New Heavies** and **Incognito**. Friday sees an outbreak of infectious bhangra beats from **Taz Stereo Natioe, DCS featuriog Shin**. Saturday erupts with full blown disco fever and on Sunday we get deeply symphonic before ending on a high with our fireworks finale. For full details please see the ad on the back page.

SATURDAY 17 AUGUST – BACK TO THE BOOGIE

Calling all disco divas and Daddy Cools, get out your platform shoes,

put on your glad rags and spray your glitter because we don't have just one headline act we have three disco super groups to give you a 70s Flashback

You'll Never Know What You are Missing if you don't catch opening act **The Real Thing.** Boogie Down to East Ham, hear You To Me Are Everything and Feel the Force

It's not Just an Illusion **Imaginatioe** really are coming to Central Park to give you a little Body Talk. In the Heat of the Night you'll be In and Out of Love as they take your Body and Soul to the Music and Lights

Finally on Saturday take a Night Flight to Venus with **Roney M**, the disco super group that brought you

Ra Ra Rasputin, Rivers of Babylon and Brown Girl in the Ring. Boney M formed back in 1975 and their unique blend of disco and reggae is bound to make you feel like you're on a Holl-Holiday

Your hosts with the most are **DJs Ash Selector** and **James Anthooy** from Solar – London's 21st Century soul station. They will be keeping you in the groove so that you can make your moves

SUNDAY 18 AUGUST – PROMS IN THE PARK

As an orchestra, they don't come much bigger than the **Royal Philharmoeic Orchestre (RPO)**

Programme is subject to change

With around 50 musicians at each performance, they have been performing for almost 70 years and every piece they play is a classic.

From Greensleeves to Nessun Dorma they've got it all. This year you can even help choose what is played – to vote just visit **www.newham.gov.uk/rpo** by Friday 9 August.

On Sunday they will be helped out by children from Newham schools who are taking part in the unique Every Child a Musician programme which provides free music tuition and a musical instrument for all children in Years 5, 6 and 7. A number of the children have been working with the RPO to create their own composition which will open the last night of Under the Stars.

The RPO plan to finish on a high note with the flag waving, crowd singing Rule Britannia, their ever popular rendition of William Blake's Jerusalem and Pomp and Circumstance.

At which point all eyes turn to the sky for the huge, bombastic pyrotechnic mayhem which is the Under the Stars fireworks finale.

Under the Stars for beginners

Under the Stars is a FREE, family event, which is open to all.

Catering is available on the site, as is a bar.

You can bring a picnic, but no glass bottles are allowed.

There is no parking available and visitors are encouraged to use public transport.

Some seating is available on a first come, first served basis, but it is limited.

No dogs, except guide dogs.

No cycles permitted inside the park. Bike racks are available.

You may be searched as a condition of entry.

Win a restaurant voucher for Aspers

If you are over 18, you could be in with the chance of winning a £100 voucher for the restaurant at Aspers in Westfield. Just go to the information point at Under the Stars and fill in an entry form.

For more information visit **www.newham.com**

Follow us on Twitter **@NewhamLondon**

Find us on Facebook **www.facebook.com/NewhamEvents**

Mayor of Newham

Running on dreams

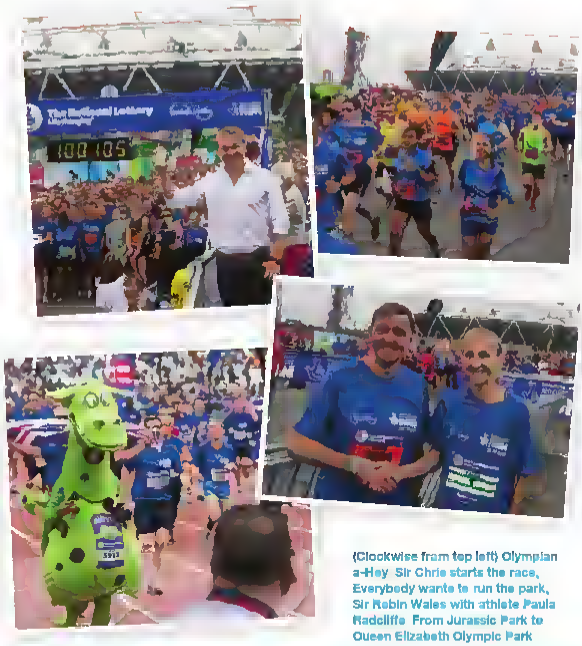
For some, like gold medal winning cyclists Sir Chris Hoy and Victoria Pendleton it was a return to the scene of their greatest triumph. For 15,000 others the National Lottery Anniversary Run and Family Run was the first opportunity for many of them to experience the emotion of Stratford's Queen Elizabeth Olympic Park.

Almost a year from when crowds roared Mo Farah, Usain Bolt, Jessica Ennis and David Weir to gold medals, the track in the main stadium welcomed back star names, but this time alongside the public who made the 2012 Games so special

Mayor of Newham Sir Robin Wales had arranged for almost 1,300 Newham young and old residents to have free places in the adult and family runs, which were held in association with Newham Council, Nova International and the London Legacy Development Corporation. Sir Robin, who flagged off the first wave of runners in the five-mile main run, then joined in and finished in a time of just under 45 minutes

He said: "It is only right that so many Newham residents have played such a huge part in the first major event in the stadium since last year's truly momentous Games."

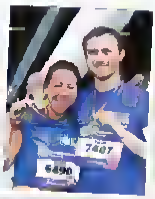
While the famous faces present, including the most successful long-distance runner in British history, Paula Radcliffe, pop star Spice Girl Melanie Chisholm and 2012 boxing gold medallist Nicola Adams, took the headlines, it was really a day for Newham people – the same people who last year had seen the Olympic Stadium on TV and loved it, the people who perhaps never got to go and be part of it in 2012, the people who wanted to experience the place first hand. And how we loved it!



(Clockwise from top left) Olympian a-Hey! Sir Chris starts the race, Everybody wants to run the park, Sir Robin Wales with athlete Paula Radcliffe. From Jurassic Park to Queen Elizabeth Olympic Park

Shazia Malik from Plaistow "I could not believe the buzz inside the stadium. The reaction from the crowd was immense. There was a great sense of team spirit amongst all the runners. I've had a great time."

Georgie Mo and Ewen Smith from Stratford crossed the line side by side. Ewen said: "From our flat we can see the Olympic Stadium. We look at it every day so for us to be here and be able to run together is something very special."



Daniel Cox from North Woolwich: "It has been superb. I had people here to cheer me on which was great. I enjoyed crossing the line where so many famous people finished. I'm looking forward to doing it again next year."

Nicholas Allen from Plaistow: "I did the community run in the stadium before the Games last year but this time has been extra special. I'm coming back here to watch the Sainsbury's Anniversary Games. I can now say I have run in the footsteps of Mo Farah."

Diane Akinmolasire (left) from East Ham won a national newspaper competition to be mentored by double Olympic cycling gold medallist Victoria Pendleton (right). She said: "The run was amazing. The cheers from the crowd kept me going. It was great to see how the place has changed."

John Mweshi and Maryam Osman from Forest Gate took part in the Family Run with Malik, five, and Adam, nine. John said: "This has been fantastic for all of us. The boys have enjoyed it, especially Adam who is a very keen runner. I may feel like Mo Farah but I certainly can't run like him. This has been a great family occasion."

Games legacy reaps rewards

A concerted effort in the past 12 months is making sure that the legacy of hosting the 2012 Games will be felt for years to come.

The regeneration of Newham and particularly Stratford's Queen Elizabeth Olympic Park will bring untold benefits for our community. Permanent venues within the park – the Olympic Stadium, velodrome and aquatics centre – will encourage people to get involved in sport as well as host world-class events. Westfield's shopping facilities continue to attract investment and visitors and the improved transport links help them get here.

A report from the Government's UK Trade & Investment department has claimed that £9.9bn in trade and investment has flowed from Britain's hosting of the Olympics. But Mayor Sir Robin Wales suggests the rewards are attributable to hard work over many years.

He said: "It is impossible to know for sure how much of the business would have occurred even without the Games. The UKTI report is a cynical attempt by the Government to demonstrate an instant legacy benefit and to claim the credit for it.

"Those of us who have been involved in delivering the Games' promise of regenerating the East End of London can see the legacy benefits, both economic and social, all around us. This has taken decades of planning and investment across national, London and local government to deliver essential foundations such as high quality infrastructure and transport."

But undoubtedly the 2012 Games delivered a major boost for Newham in many areas.

Volunteers

Newham now has 8,000 volunteers and the largest local authority organised volunteering programme in the country. It continues to do good work across the council's nine community forum areas and at events in Queen Elizabeth Olympic Park. The scheme has a Queen's Diamond Jubilee Award for helping to "change the face of Britain".

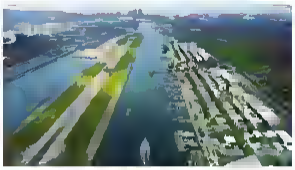
Sport

Every child in Year 7 year is being tested at the University of East London to see what sports they are good at.

National governing bodies working with Newham Council are boxing, swimming, hockey, rugby, tennis, handball, athletics and the British Paralympic Association. Inspirational people like gold medal rower Mark Hunter and Essex cricketer Ravi Bopara are helping to inspire people to get involved.

A Sport England survey in June showed participation in the recommended level of sport rise to 16.9 per cent, compared to 15.6 per cent before the Games.

Regeneration

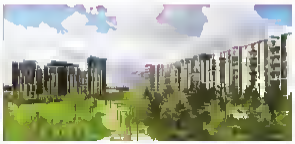


Regeneration would have happened anyway but is arriving more quickly because people focused on it as a result of the Games.

Investments include Westfield Stratford City (£1.75bn). The International Quarter Stratford City (£2bn), Strand East (£700m), Stratford Halo (£200m), Chobham Farm (£350m) and Manhattan Loft Gardens (£300m).

Chinese firm ABP has announced a £1bn development in the Royal Docks, delivering 20,000 jobs.

Housing



The first tenants are preparing to move into East Village, formerly the athletes' village. Around 50 per cent of the properties available are social housing. Newham residents will be able to access 348 of the social rented homes, including all the four bedroom homes and the vast majority of the three bedroom homes. People who are working and members of the armed forces will be prioritised.

Jobs

The development of Queen Elizabeth Olympic Park and the surrounding area has improved employment for local people. The council's employment service, Workplace, helped more than 3,000 residents into jobs in Westfield when it opened in 2011. Last year 5,000 residents were helped into work, over and above the 5,000 temporary Games jobs. Since 2007, Workplace has helped 18,000 people find work.

Stadium

Newham's £40m investment in the Olympic Stadium secures a century of legacy benefits from the venue and island site, year round access to the 400m community track, ten mass participation events in the stadium each year and tickets to West Ham United matches and sports and entertainment events for residents. A training and education centre will be built. The majority of new jobs created on site will be filled by residents.

LETTING YOU KNOW THE FACTS

When looking for a place to live most people turn to letting agents to find their perfect property, but in some cases this can make looking for your dream home a nightmare experience.

Around 40 per cent of Newham residents live in a privately rented home. Letting agents currently operate in an unregulated sector. With many choosing to charge whatever fees they wish, finding a place to live can be expensive and rife with pitfalls.

Problems can be avoided by ensuring that you take a cautious approach when searching for a new home. Our guide will help you avoid the agents who operate unfairly.

Expert advice – Richard Blanco

Richard is a landlord and the London representative for National Landlords Association. Here are his tips:

- Choose a letting agent who is a member of a trade association such as the National Approved Lettings Scheme (NALS); Association of Residential Letting Agents (ARLA), or UK Association of Letting Agents (UKALA). Each set out minimum standards for their members. This tells you what to expect from your agent and gives you somewhere to turn if you're having problems.
- Always check the terms and conditions of your tenancy and all charges up front before you sign anything. Beware of any future fees to extend, renew or terminate a tenancy.
- It is a criminal offence for an agent to charge you just for registering or providing details of accommodation. Report this activity to trading standards by emailing **trading.standards@newham.gov.uk**
- Fees usually apply to things that help secure the tenancy, such as credit searches and references. Query all other charges and decide whether you wish to proceed. Shop around so you can compare agents' fees.
- You will usually be given an inventory of items in the property. Make sure you check this when you move in and ensure all items are in order when your tenancy ends. Subject to an allowance for fair wear and tear, you will be expected to leave the property as you found it, otherwise deductions could be made from your deposit.
- Tenancies in London tend to be for 12 months. It's always better to renew your contract when it expires than commit yourself for a longer period, as your circumstances could change. Once your contract expires, unless you are asked to sign a new agreement, your tenancy should roll on month-to-month. Only use agents that don't charge renewal fees.
- If there is any damage to the property you will be liable to pay this from your deposit but always challenge claims which you feel are unfair. For example, if you damage a carpet that is five years old you should only pay a proportion of the original cost as it might be due for replacement in the next few years.
- Always shop around; this will give you a feel for different agents and how they operate and could save you money as some agents charge fees to landlords. Also look online. YourPad is an online agency recognised by the NLA and UKALA. They don't have any high street branches so you're likely to be shown around by the landlord.

If things go wrong

You may be able to challenge and recover charges if you feel they are unfair, if, for example:

- **charges were unreasonably high**
- **you were not informed of the charges in advance**
- **you and your landlord were both charged for the same thing.**

Newham Council's trading standards team can help you with any illegal activities by letting agents. To contact them email **trading.standards@newham.gov.uk** or call **020 3373 9937**. If your agent is registered with a trade association speak to them for advice.

Once you have found a suitable property, your agent should:

- **show you gas and electrical safety certificates**
- **provide you with an inventory of contents**
- **show you the Energy Performance Certificate (EPC) prior to moving into the property.**

All agents should secure your deposit in a deposit protection scheme. So long as you have not damaged anything, broken the terms of your tenancy agreement and leave the property in the same condition as you found it, this should be returned to you at the end of the tenancy.

Every privately rented property in Newham must be licensed by the landlord. Ask your letting agent to show your property's licence or visit **www.newham.gov.uk/propertylicensing** for more information.

For general advice on letting agents and how to rent properties in Newham visit www.newham.gov.uk/MyHomeinNewham

CREEPY HOUSE

SUMMER READING CHALLENGE 2013

IF YOU LIKE GHOULS, GHOSTS AND THINGS THAT GO BUMP IN THE NIGHT, YOU ARE GOING TO LOVE CREEPY HOUSE, THIS YEAR'S SPOOKY SUMMER READING CHALLENGE IN NEWHAM'S LIBRARIES.

This is the fifteenth Summer Reading Challenge an annual event that encourages children to get into libraries to improve their reading skills and confidence, but this year we are also daring you not to be scared.

SUMMER READING CHALLENGE 2013

Saturday 27 July to Sunday 22 September in all Newham libraries

There's a spine-tingling adventure waiting for you when you discover the secrets of the Creepy House and meet some of the hair raising residents and dead librarians

You can join our young adventurers at the Creepy House by visiting a Newham library six times and reading six books You can read whatever you like – fact books, joke books, scary books, and even audio books – just as long as they are borrowed from the library

If you are aged five to 12 years, you can join the challenge Just register with our Creepy House Club and you can take part in creepy crafts scary reading games, drama workshops, spooky illustration, creepy face painting, scary author visits, haunted creepy library and many more activities

Children aged under four can join the Creepy Tales Club for lots of crafts and creepy stories Sessions run from July to September in all our libraries.

Are the children of Newham brave enough to explore The Awful Upstairs, The Gruesome Ground Floor or The Spine-tingling Cellar? It's time to find out

For further information and to get involved, pick up a leaflet from your local library or visit **www.newham.gov.uk/libraries**

Children can also chat get reading recommendations and enter competitions on the Creepy House website by visiting **www.creepy-house.org.uk**

If you're a parent or carer you can find further information on the Creepy House website or by joining the facebook page **www.facebook.com/SummerReadingChallengeUK**

CREEPY HOUSE CLUB (AGES FIVE TO 12)

Beckton Globe
1 Kingsford Way, E6
Mon and Fri 2-3pm
Fri 2 Aug, Spooky Artz
Mon 5 Aug, Recycling Crafts
Fri 9 Aug, Fangtastic Puppets
Mon 12 Aug, Reading Slam
Fri 16 Aug, Franken Masks

Canning Town Library
Barking Road, E6
Mon and Wed 2-3pm
Mon 5 Aug, Spooky Artz
Wed 7 Aug, Gruesome Growls and Grumbles
Mon 12 Aug, Creepy Drama
Wed 14 Aug, Bubble Face Painting
Mon 19 Aug, Franken Masks

Custom House Library
Prince Regent Lane, E16
Tues and Thurs 2-3pm
Tues 6 Aug, Creepy Drama
Thurs 8 Aug, Franken Masks
Tues 13 Aug, Bones and Groans
Thurs 15 Aug, Gruesome Growls and Grumbles

East Ham Library
High Street South, E6
Mon, Tues and Thus 2-3pm
Mon 5 Aug, Franken Masks
Tues 6 Aug, Bubble Face Painting
Thurs 8 Aug, Reading Hoopla
Mon 12 Aug, Spooky Artz
Tues 13 Aug, Music Mayhem
Thurs 15 Aug, Out of the Shadows

Green Street Library
337-341 Green Street, E13
Wed and Fri 2-3pm
Fri 2 Aug, Monster Mania
Wed 7 Aug, Music Mayhem
Fri 9 Aug, Spooky Artz
Wed 14 Aug, Franken Masks
Fri 16 Aug, Fangtastic Puppets

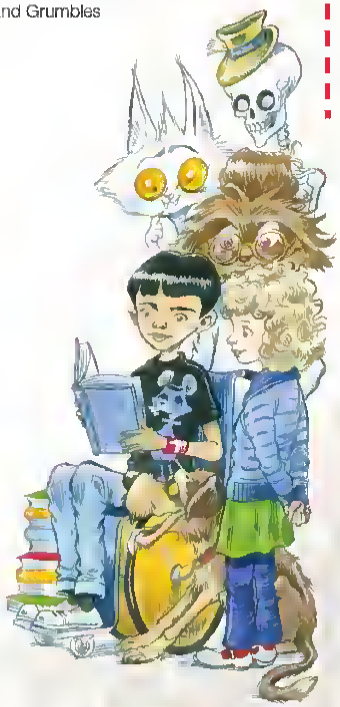
Manor Park Library
685-691 Romford Road, E12
Wed and Thurs 2-3pm
Wed 7 Aug, Out of the Shadows
Thurs 8 Aug, Bubble Face Painting
Wed 14 Aug, Spooky Artz
Thurs 15 Aug, Creepy Drama

North Woolwich Library
5 Pier Parade, E16
Tues 11am-12noon
Tues 6 Aug, Spooky Artz
Tues 13 Aug, Bubble Face Painting

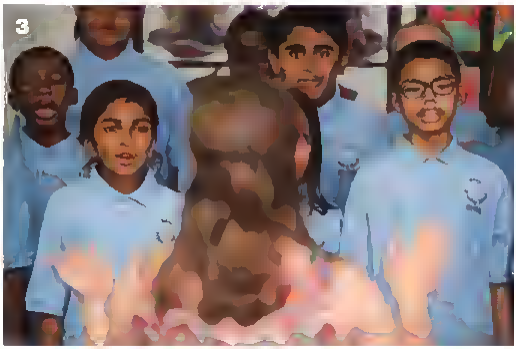
Plaistow Library
North Street, E13
Mon and Tues 2-3pm
Mon 5 Aug, Reading Hoopla
Tues 6 Aug, Franken Masks
Mon 12 Aug, Monster Mania
Tues 13 Aug, Gruesome Growls and Grumbles

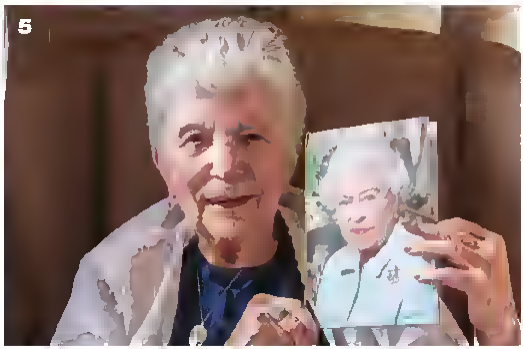
Stratford Library
3 The Grove, E15
Tues, Wed and Fri 2-3pm
Fri 2 Aug, Out of the Shadows
Tues 6 Aug Reading Slam
Wed 7 Aug, Monster Mania
Fri 9 Aug, Gruesome Growls and Grumbles
Tues 13 Aug, Creepy Drama
Wed 14 Aug, Fangtastic Puppets
Fri 16 Aug, Bones and Groans

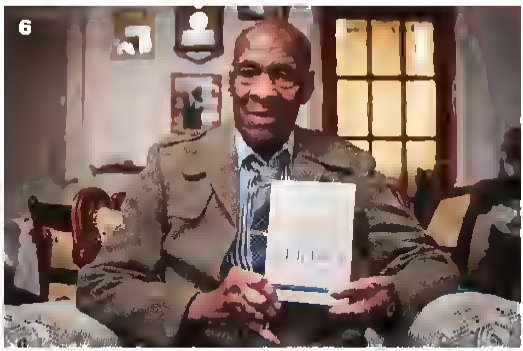
The Gate
6-8 Woodgrange Road, E7
Thurs and Fri 2-3pm
Fri 2 Aug, Monster Mania
Thurs 8 Aug, Fangtastic Puppets
Fri 9 Aug, Reading Hoopla
Thurs 15 Aug, Recycling Crafts
Fri 16 Aug, Gruesome Growls and Grumbles



Newham in pictures







1 Things get hot at the Summer Tea Dance in the Old Town Hall Stratford **2** Jurassic perks – the Attendasaurus meets its maker – Ammarah (third from right) winner of the School Attendance Matters competition, at East Ham Town Hall **3** Pupils from Nelson Primary School E6 hit the right note at the annual Art Matters exhibition at the University of East London's Docklands campus **4** Life is a beach at the Royal Docks **5** 100 year old Violet Pavey with her message from The Queen **6** 100 year old Julien Bridgeman relaxes at home in Stratford on his birthday

Newham London

EVERY CHILD A MUSICIAN

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Every Child a Musician, which provides free music tuition in schools to children aged nine to 12. As part of the programme, Newham Council is helping talented local musicians to become music tutors through our Local Tutor Training Programme.

> **Can you play an orchestral instrument, the guitar or keyboard to a high standard (equivalent to ABRSM grade 6 or above)?**

> **Do you want to develop your teaching skills and experience so that you can become a music tutor?**

If the answer is yes, then continue reading to find out more about the **FREE** part-time Local Tutor Training Programme which could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra

For more information about the course that will run from **September-November** call **020 3373 1331**, or email **ecam.tutor@newham.gov.uk**

Give Us 5!

LYR
London Youth Rowing

Rowing, kayaking, bell boating, canoeing or sailing!

[illegible] are 11 to 18 then come to try our free FREE watersport [illegible] a go' sessions. Non swimmers are welcome!

5 August - 23 August

London Regatta Centre, Dockside Road, E16

Booking is essential as places are limited.

Visit www.londonyouthrowing.com and select the 'Summer Rowing' button

Call 020 8223 7977

Email info@londonyouthrowing.com

In partnership with Newham London

SEA CADETS

CAUGHT ON CAMERA

In July, the sun finally came out, but so did the litter bugs. Last year Newham Council spent £11m of your money collecting rubbish and cleaning the streets. A big part of that cost is down to a selfish minority who drop their waste on our streets.

Newham Council is working hard to tackle all forms of anti social behaviour and wherever possible, we issue penalty notices to discourage it. The penalty is between £50 to £80. If it is not paid a magistrates' court can impose a fine of up to £2 500.

The pictures on this page show people who are responsible for a range of anti-social behaviour. If you recognise anyone please let us know by calling **020 3373 4479** and quoting the reference number beneath the image.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement.**

If your street or neighbourhood is untidy get it cleared up by reporting it online at My.Newham.gov.uk

Please call 020 3373 4479 and quote the reference number by the picture.

Inspiring a generation

Sivakumar Renganathan lives in Manor Park and has run the local Gurumu Taekwondo club since 2002. He is one of a new generation of taekwondo coaches who are reaping the benefits of the Olympic legacy.

The Newham Inspiring Person Reward winner has been living up to his accolade. A former international taekwondo player, in the top three of the country, Sivakumar has just become a national coach with Team GB. His dedication and commitment has seen him receive elite training from Team GB in their Manchester headquarters. These skills have helped Gurumu go from strength to strength.

Following national heats, Gurumu was the only British team to have four players selected for the Cadet and Junior GB teams to compete in the European Championships.

Following Jade Jones's win of Britain's first ever taekwondo Olympic gold, a new interest has arisen in the sport. Sivakumar is implementing training programmes that will prepare his club and players for next year's Youth Olympics or even Rio 2016.

Can you explain what taekwondo is?

Taekwondo is a Korean martial art and actually means the art of fist and foot. There are two sides: traditional and sport. Sport focuses on competitive fighting and is what you see at the Olympics.

Since its first appearance in the 2000 Olympics, taekwondo has evolved to become a high energy, spectator friendly sport.

What benefits have you seen from the Olympics?

Team GB Taekwondo now shares the same building in Manchester as British Cycling. They have introduced a whole range of sport science methodology into the way GB Taekwondo trains. This knowledge is being handed down from elite to grassroots level.

Exposure at the Olympics means that we have more investment from Sport England and the National Lottery. Due to the increase in funding, more club coaches are being developed to an international level.

Gurumu has been very successful. What's your secret?

We just work hard. Really hard. We don't have any secrets or a magic formula, it's just that we understand what is required. We understand that you have to put the time and the effort in, in the correct manner. It's about having the knowledge and applying it correctly, effectively and efficiently.

Does taekwondo help players develop in other ways?

Absolutely. Martial arts are very disciplined sports. In Gurumu we don't want our students to only be good in sports, we want them to do well all round. Most of my young students are either in top sets at school, top of the class, or top of their school year.

Are you involved with Newham's Every Child a Sportsperson?

Gurumu and I have delivered taekwondo taster sessions in Newham schools which, in some cases, have led to us teaching for an entire term. This has allowed children to experience taekwondo and its benefits. As well as health and fitness, there are personal benefits such as self-discipline, focus, self confidence and self esteem.

Children walk into our clubs all the time with low self-esteem and poor communications skills. In Gurumu we encourage children to develop these wider social skills and attributes, elements that they can take away and use in other walks of life.

Find out more

To find out more about taekwondo visit **www.gbtaekwondo.co.uk**

You can enter your postcode to find your local club. Sivakumar recommends that you visit and speak to the coaches to see if the club is right for your child's development.

Mention the Mag

Readers of the *Newham Mag* can get their first lesson with Gurumu for free.

Gurumu Taekwondo is based at Monega School, Monega Road, E12. Training takes place on Monday and Wednesday evenings. Call **07931 709 140** for more information or visit **www.gurumu.co.uk**

Newham London

are you my forever family?

Adoption,
what would you say?

Don't just think about it, call us free on

0800 013 0393

www.newham.gov.uk/adoption

The winner takes it all

One year on from the 2012 Games and Newham's youngsters competed hard at the 36th Balfour Beatty London Youth Games - Europe's largest annual youth sports event. Against some tough competition, Newham managed to come away with some outstanding individual and team performances.

Team events

The Newham Swords won the fencing trophy for the seventh year running, coming joint first with Enfield. Seven wins in a row is a huge achievement. Head coach Linda Strachan said: "This tops an incredible season. It is especially pleasing for the coaches as the entire team trains at Newham Swords. This is the first time that a sport has been won seven times on the run and makes Newham Swords the top junior team in the country."

Individual successes

It was Jaspreet Kaur's final year at the Youth Games and she ended at the top of her game by winning gold for archery. From here on she is training to get into Team GB for upcoming international events, and maybe the Olympics in Rio in 2016.

In judo there was a superb team effort with Rosie Bow (under 32kg), Crystal Anegbeh (under 57kg), Martin Audzers (under 60kg), Edger Jurguls (under 66kg), Adil Zahmaul (under 81kg) and Theresah Asare (under 50kg) all winning individual golds.

In the disability athletics, Jordan Andrew won gold in the 100m and long jump, while Rebecca Kavanagh took gold in the wheelchair 100m and 200m.

Abigail Lindsay took gold in disability swimming.

In the adaptive indoor rowing Paul Stewart won gold for the Year 7 and 8 boys and Zoe Smith won gold for the Year 10 and 11 girls.

In athletics, Jasmine Headman won gold in the long jump and Misturah Balogun won gold in the shot put, with Michael Oku-Ampofo winning bronze in the 300m. All three medallists are members of Newham and Essex Beagles Athletics Club.

Taekwondo success

Four taekwondo players from Manor Park's Gurumu Taekwondo club have won places in Team GB.

Viroshan Gnanapandithan and Nithin Francis have won places in the GB Cadet Team (12 to 14 years) and will take part in the European Taekwondo Cadet Championships in Bucharest this month.

Viroshan, Nithin, Thangaes and Leighann

Thangaes Nithirajah and Leighann Lewis were selected for the GB Junior Team (15 to 17 years). They will take part in the European Taekwondo Junior Championships in Porto, Portugal in September.

All four will train at the Taekwondo National Academy in Manchester. Thangaes and Leighann will also receive two weeks intensive training in South Korea as part of their preparation for the Europeans.

Siemens Festival Nights at THE Crystal

In celebration of our first anniversary this September, the Crystal is proud to host the ***Siemens Festival Nights****, an outdoor opera festival taking place between 30th August and 1st September on the dockside area in front of the Crystal. We will present brand new opera productions from the world renowned Salzburg Festival.*

Audiences will have the opportunity to see some of the most popular operatic masterpieces from Giuseppe Verdi and Wolfgang Amadeus Mozart: Falstaff, La Traviata, Don Carlo and The Magic Flute, shown on a large screen at the Crystal, adding a musical touch to the Royal Victoria Dock this summer.

The Crystal
1 Siemens Brothers Way,
London E16 1GB

Tickets will be available from the 2nd of August. For more information on the tickets and programme, please keep checking the website:
www.thecrystal.org/events/

Sponsor SIEMENS

Partner

Hosted by THE Crystal

In co-operation with UNITEL CLASSICA, Servus TV, ORF

ROYAL VICTORIA BEACH

Newham London

ROYAL VICTORIA DOCK, E16
6 JULY - 21 SEPTEMBER

FREE ACTIVITIES EVERY SATURDAY FROM 27 JULY - 21 SEPTEMBER, 12NOON-8PM.

PERFORMANCES ▪ WORKSHOPS ▪ GAMES ▪ STALLS ▪ CRAFTS ▪ MUSIC

FOR MORE INFORMATION AND TO FIND OUT HOW YOU CAN GET INVOLVED VISIT WWW.NEWHAM.COM/SUMMER

THE BRICK BOX

Mayor of Newham

Lifting the lid on the benefit cap

The Government is introducing a limit (the benefit cap) on the amount of welfare benefits that people of working age can receive. If your household is affected, your Housing Benefit will be reduced.

The combined benefits limit for each household has been set at £500 each week for couples and lone parents, or [illegible] each week for single people.

Although this is a national change, [illegible] Council and other local authorities are responsible for administering it. In Newham, it will be rolled out from 12 August and will initially affect about 1,200 of the 36,000 residents receiving Housing Benefit.

The Department for Work and [illegible] has already written to [illegible] it has identified as [illegible] affected. In addition, Newham [illegible] a one-to-one meeting with [illegible] officer to all affected household to explain the change and how to manage it. Affected Newham Council tenants have already been contacted.

You are exempt from the benefit cap if:

- **you have reached the qualifying age for State Pension Credit**
- **you, or you and your partner jointly, are entitled to Working Tax Credit**
- **you or your partner (if you have one) get:**
  - **the support component of Employment and Support Allowance**
  - **an industrial injuries benefit**
  - **a war pension, or**
  - **an attendance allowance**
- **you, your partner or a child you are responsible for get:**
  - **Disability Living Allowance**
  - **Personal Independence Payment.**

If you or your partner worked for 52 weeks or more before stopping work, you may be exempt from the benefit cap for 39 weeks, starting from the day after you stopped work.

How to avoid the cap

The best way to manage the change is by [illegible] qualifying for Working Tax Credit.

The [illegible] employment [illegible] support you [illegible] work. [illegible] in Canning Town, [illegible] Stratford, [illegible] provide you with the skills you need to secure work. Special advisers are available for residents who have been out of work for some time

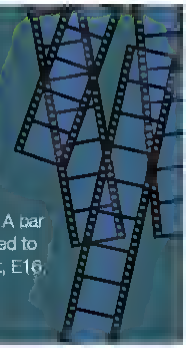
Find out more

If you are affected by the benefit cap you will be notified by the council and offered a one-to-one meeting to discuss how to manage the change

Visit **www.newhamworkplace.com** for details of how to register or call **020 3373 7817** You can also visit **www.newham.gov.uk/welfarereform** for regular updates, as well as advice and guidance on these and other benefit changes

Visit **www.dwp.gov.uk** to find out more and use the benefit calculator to get an estimate of how the change may affect you. Call the DWP helpline on **0845 605 7064** for further advice or visit your local Jobcentre Plus

A wild time in the city



Enjoy a film night about urban wildlife on The River Princess community boat in Cody Dock, E16. Set amid towering Victorian gasholders by the side of Bow Creek, the location couldn't be more appropriate.

Doors open at 7pm and the films start at 8pm on Saturday 10 August. A bar and refreshments are available. Tickets are £3 on the door. There's no need to book just turn up at The River Princess, 11C South Crescent, Cody Dock, E16. Call 07813 345 057 for more information.

Suffragette City

A festival of community events is being organised for summer 2014 to celebrate the work of Sylvia Pankhurst and the East London Federation of Suffragettes.

The East London Suffragette Festival aims to raise awareness of the pioneering work of east London suffragettes and raise money for charity Newham Action Against Domestic Violence.

Organiser Sarah Jackson said: "Last summer I was delighted to see the suffragettes represented at the Olympic Opening Ceremony and it made me wonder how many people know about the East End connection."

The festival is looking for volunteers, local groups, businesses and venues who would like to be involved. For more information email Sarah at **womensmayday@gmail.com**

All is fair

The New Hathaway Community Association in Manor Park is holding its annual Summer Fair on Saturday 10 August.

There will be no shortage of fun with an old time tea party, a ukulele workshop, face painting, arts and crafts. There will also be health MOTs, refreshments and a table top sale.

If you would like to book a table (which costs £5) call **020 8548 4980** or email **hathawaycentre@live.co.uk**

The Summer Fair, which is funded by a Newham Council Let's Get the Party Started community grant, is on Saturday 10 August from 1-4.30pm at The Hathaway Centre, Hathaway Crescent, E12. Entry is free.

See Art on the Edge 2013

Innovative and pioneering arts venue Red Door Studios are opening their gallery space in August for an exhibition of edgy new art by up and coming local artists, celebrating the creative energy of East Ham

The exhibition includes painting, sculpture, mixed media, fibre arts and photography. It runs until 25 August and is open:

- Saturday and Sunday, 11am-5pm
- Wednesday to Friday, 1-8pm

Entry is free. There are also free evening events from 8-10pm on Thursdays which include music, art, talks and refreshments. It all takes place at Red Door Studios, Masterman Road, rear of 120 High Street South, E6. Private tours can be arranged, call **07515 378 548** or email **reddoorstudios@ymail.com**

Take five and Eat 15

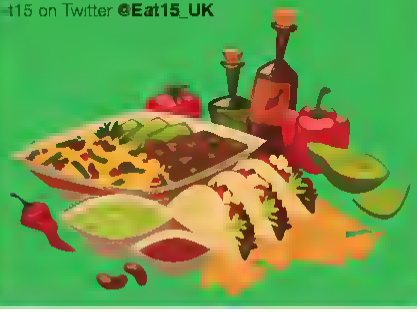
[redacted] Hall St[redacted]

[redacted] t month more [redacted] oriental noodles, fiery jalapeño fuelled Tex Mex [redacted] chick pea falafel, tangy Caribbean jerk chicken an[redacted] ts more

Organiser Damian Davies would like to see the [redacted] ntinue to grow. If you make cakes, bread or hot [redacted] ere's a space waiting for you. Just email him at **info@eat15.co.uk** for more details

Eat15 is at the Courtyard of the Old Town Hall, Broadway, E15, 12noon-8pm on Saturday 10 August and then on the first Saturday of every month.

Keep up to date with the food festival by following Eat15 on Twitter **@Eat15_UK**



Theatre is coming home

Theatre Royal Stratford East (TRSE) is calling for Newham residents to take part in Home Theatre – an exciting project from the Brazilian Festival Internacional de Cenas em Casa, that will see 30 original shows performed in 30 homes across London.

With the help of professional artists, who will write and perform your story, you can see a play brought to life in your own home with your friends as an audience.

All 30 plays will take place on Saturday 26 October. They will be recorded and then broadcast on Saturday 9 November

To take part visit **www.stratfordeast.com/hometheatre** or call **020 8279 1157** to request an application form before 6pm on Friday 23 August.

Summer at Stratford Circus

Stratford Circus Theatre Square E15 has put together an outstanding programme of arts activities for children and young people to take part in this summer

If you are aged ten to 18 you can join free singing taster sessions and try out for the youth choir, on Saturday 24 August, 11am-12.30pm or 1.30-3pm

For more information or to book call **0844 357 2625** or visit **www.stratford-circus.com** or turn to page 38 for full listings

Kids' Corner

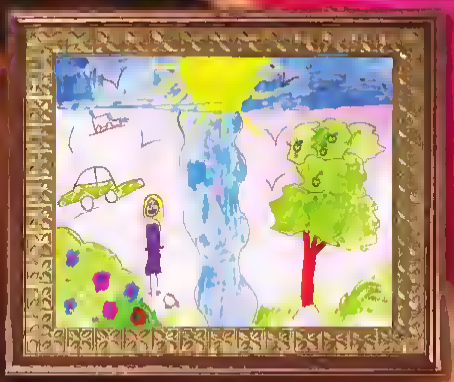
PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

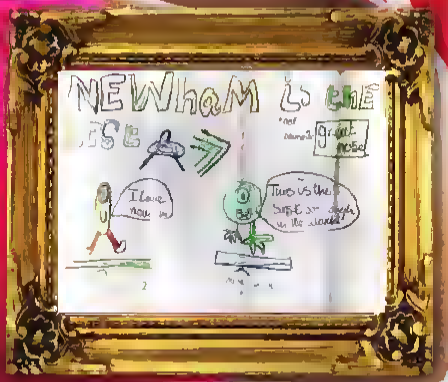
GALLERY

Helene Sun, 6

Protham Dasnandi, 7



Victoria Tululka, 7



Yasmin Hussain, 10

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Poem Winner

We Refugees

I come from a musical place
Where they shoot me for my song
And my brother has been tortured
By my brother in my land.

I come from a beautiful place
Where they hate my shade of skin
They hate the way I pray
And they ban free poetry.

I come from a beautiful place
Where the girls cannot go to school
There you are told what to believe
And even young boys must grow beards.

I come from a great old forest
I think it's now a field
And the people I once knew
Are not there now.

Ajimushon Shemeem

Colour-me-in Wordsearch

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Dressing Up
Hands
Happiness
Jewellery
Necklace
Pleasure
Scarf
Shoes
Smile
String
Stripes
Walking

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

2 – 16 AUGUST

OUR THRILLING THREE...

Throughout August there are some great children's shows at the bandstand in West Ham Park, Upton Lane, E7, every Monday and Friday from 3.4pm. All the shows are free. Here's our top three:

1. **Crazy Chris** brings magic and juggling to the park on Friday 9 August.
2. **Jingo the Jester** will be performing tricks, magic and the noble art of jestering for your entertainment on Monday 19 August.
3. **Tricky Micky** brings the legendary Mr Punch to West Ham Park – see him outwit the constable, escape the crocodile and defeat the devil.

MENTION THE MAG...

Kick summer boredom to the kerb with a free futsal session. Genesis Futsal is offering readers a chance to try out the indoor version of five-a-side football.

Sessions for children aged seven to 11 years take place on Fridays 2, 9 and 30 August, 3.30-5pm and 6.30-8pm, at Rokeby School, Barking Road, E16. £4 per session or £30 for a block of ten.

A summer futsal camp for children aged eight to 13 years runs Monday to Friday, 10am-4pm, 12 to 23 August. £12 per day or £50 for a five-day block.

To book call **07936 066 467**, email **contact@genesisfc.co.uk** or visit **www.genesisfc.co.uk**

TRY SOMETHING NEW... CULTURAL CELEBRATIONS

This summer Gallions Reach shopping park, E6, is celebrating the cultures of their shoppers with a series of free events.

Each week families can take part in free arts, crafts and dance sessions from different cultures. Sessions take place from 12noon-5pm, every Wednesday throughout the school holidays.

Wednesday 7 August – Chinese week
Wednesday 14 August – Indian week
Wednesday 21 August – Polish week
Wednesday 28 August – British week.

The events are ideal for children. For more details, visit **www.gallions-reach.co.uk** or follow them on Facebook or Twitter.

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Entertainment every Mon, 8pm. Theatre Royal, Gerry Raffles Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers
Free music and story building sessions for 2-5 years. Wed afternoons. Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5555. Mon mornings, The Hartley Centre, 267 Barking Road, E6. Call 020 7540 6923.
Free entry to Discover Children's Story Centre when you attend.
Free music therapy sessions for 2-5 years. Thurs, 3-4pm at Shrewsbury Children's Centre, Shrewsbury Road, E12. Call 020 3373 6050. Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre, Lawrence Avenue, E12. To book call 020 3373 7227.

COMMUNITY LEARNING

Do it Online
Basic computer sessions at local libraries. You must book in advance.
Tues, 2-4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon, Canning Town. The Gate and Manor Park
Fri, 2-4pm, East Ham

Knit & Natter
Craft group for adults, at local libraries.
Fri, 10am-12noon, Canning Town
Wed 10am-12noon, Beckton

Basic Numeracy (19+)
Mon-Thurs, 10am-5pm and Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12. Call 07943 887 612 or 07507 173 272

Writing for Fun
Free ten-week creative writing course for 16+ at local libraries. Mon, 6-8pm, and Fri, 1-3pm, Stratford

Reading for Pleasure
Free ten-week course at local libraries, open to all. Sun, 2-4pm, Stratford

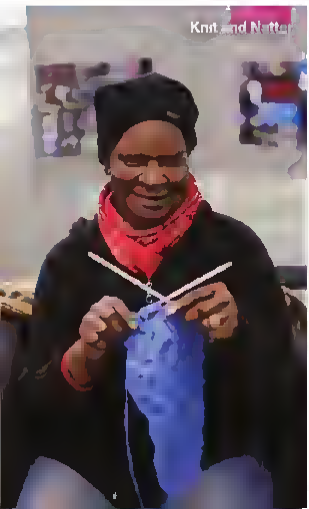
UNDER-FIVES LIBRARY ACTIVITIES

Imaginative Play
Fri, 11am-12noon, East Ham

Interactive storytelling
Fri, 10-11.30am, East Ham

Creepy Tales Club
Mon, 11am-12noon, Beckton Globe, North Woolwich
Tues, 11am-12noon, Custom House, Stratford The Gate
Thurs, 10.30-11.30am Canning Town
Thurs, 2-3pm, North Woolwich
Fri, 10.30-11.30am, East Ham, 11am-12noon, Stratford, Green Street and Manor Park

Toy Library
Tues, 10am-12noon, East Ham



ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reading Groups
Mon 12 Aug, 6.30-7.30pm, Stratford. This month: The Universe Versus Alex Woods by Gavin Extence

Over-50s Club
Thurs, 10am-12noon Beckton Globe

GENERAL LIBRARY ACTIVITIES

Chess Club
Learn and play chess for free at your local library
Thurs, 5.30-7.30pm, Stratford

EXTRA ACTIVITIES

LGBT Community Group
For over-50s. Snacks and refreshments provided
Every third Tues of each month, 4-6pm. Community Resource Centre, 200 Chargeable Lane E13. Call 020 7239 0447

Royal Docks Learning & Activity Centre
Mon, Employment Support sessions by appointment only
Tues, Bingo, 10am-12noon
Healthy Cooking Group, 10am-12noon
Over 50s Computer classes, 11am-1pm
Weds, Mother and Toddlers group, free, 9.30-11am
Coffee Morning, free, 9.30-11am
Learn to Earn – Employment Support Drop-in, free, 10am-2pm
Sewing Classes, 10am-12noon
Thurs, Tai Chi, £2, 10.30am-12noon
Royal Docks Learning & Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 9922

Dirty Hands Project
Grow your own fruit and veg. Open to all. First Sat of each month, 10am-2pm, Valetta Grove, (opposite Plaistow Station) E13. Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Table Top Sale
Sell your goods and keep your profits. £5 a table – open to all. Last Sat of every month, 9am-2pm. Jack Cornwell Community Centre, Jack Cornwell Street, E12. Call 020 8553 3459

Turn up and trade
Free pitches available for traders. Every Sat, 9am-4pm, Rathbone Market, Barking Road, E16. Email saturdayraffle@gmail.com or galina.doneva@newham.gov.uk or call 07790 945 985

BOXING AND SELF DEFENCE

Boxing
Weds, 7pm
West Ham ABC – community boxing, 11-19s
Olympic style amateur boxing sessions. Hathaway Community Centre, Hathaway Crescent, E12
Call 020 8430 2000
Mon, Wed, Fri, 5-6pm
West Ham Boys ABC, 9+ boys and girls
The Black Lion, 59-61 High Street, E13. Call 020 8472 3614
Mon, Wed, 6-8pm
Peacock ABC, 8+, boys and girls
Caxton Street North, E16
Call 020 7511 3799
Mon, Wed, Fri, 6-7.45pm
Newham Boys ABC, 6+, boys only
Old Bath House, 141 Church Street, E15. Call 020 8519 5983
Fight For Peace, 11+ boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)
Tues, 5-6pm, Katherine Road Community Centre, 254 Katherine Road, E7
Thurs, 8-9pm, boxing fitness workout. Beckton Community Centre, East Ham Manor Way, E6. Email getactive@newham.gov.uk

Self defence

Shoujin Karate
Fri, 6-7pm and 7-8pm
Sun, 10-11am. Sessions for beginners. Under 15s £4, 16+ £6, concs £5
Newham Shoujin Karate Club, Newham Leisure Centre, Prince Regent Lane, E13
Call 07508 070 638

Docklands Karate Club
Mon, 6.20-8.20pm. Under 15s £4, 16+ £6, concs £5, first session free
UEL Sports Dock, Docklands Campus, E16
Call 07766 685 869

Tang Soo Do
Sat, 1-2.30pm and Tues 7.30-8.30pm (arrive at least 15 minutes before start). The Hub, 123 Star Lane, E16. Korean Martial Arts for 5+ to adults. £5 per session – family discount available
Call 07725 948 426 or email ace_rosillo@hotmail.com

Hop, Skip and Punch (18+)
Tues, 5-6pm. Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Gurumuru Taekwonde
Mon and Wed, children 6-7.30pm, juniors and adults 7.30-9.30pm. Monega Primary School, Hailey Road, E12
Call 07931 709 140

JFI Karate
For children and teens (5+)
Mon, 5-6.30pm, Wed, 5-6.30pm The Hartley Centre, 267 Barking Road
Call 07818 000 643

HEALTH AND FITNESS

Boatcamps
Boxercise Bootcamp parent and child (aged 7-12) session Tues 6-7pm, child is free
Indoor/outdoor
Britannia Village Hall 65 Evelyn Road E16
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7.15-8am, Tues and Thurs, 7pm
East Ham Central Park, High Street South, E6
Teens only Boot Camp (13+)
Weds 5.30-6.30pm
Thames Barrier Park Barrier Point E16 Email info@5starphysique.co.uk or call 07904 625 402

Family Fit Club
Sat, 11am-12noon, West Ham United Community Training Facility 60a Albatross Close E6 Call 020 7473 7724

Bootcamp (men only)
Thursdays, 7.30-9pm, £5
Langdon School Sports Centre, Sussex Road, E10
Call 07818 000 643

Zumba classes
Thurs, 7.30-8.30pm St Nicholas Church Hall, Gladding Road E12, £5 per class. Call 07720 805 505

Yoga Classes
Tues, 6.10-7.10pm and Fri, 10.30-11.30am
£5.50 (£3.50 concs)
The Hub 123 Star Lane, E16
Weds, 6.45-7.45pm
The Unitarian Church, West Ham Lane E15
Call 07956 808 007 or visit www.yocoma.co.uk

Gate 7 Yoga
Hatha yoga drop in classes
Tues 7pm £5
Forest Gate Methodist Church Woodgrange Road E7
Weds, 7pm, £7,
Timber Lodge Queen Elizabeth Olympic Park, E20
Thurs, 5pm, £5
Play Sowand Grow 6 Gay Road E15 Call 07950 944 095 or email gate7yoga@gmail.com

Twisted Pink Streat Danca
Fri, 6.7pm 7.21s £3
Fri 7.15-8.15pm Zumba classes £5 including childcare St Luke's Church, 89 Tarling Road, E16
Call 07534 513 307, visit www.twistedpink.org.uk or email twistedpink26@aol.com

Zumba
Mon and Thurs 6.30-7.30pm
£5 Plaistow Community Centre 63 Queens Road West E13 Call 07916 327 541

Zumba with Annabel (17+)
Mon 7-8pm, £5 a session,
Vicarage Lane Community Centre Govier Close, E15
Weds, 7.30-8.30pm Beckton Community Centre, East Ham Manor Way, E6. Call 07500 898 665

TENNIS

Sat Under 8s 12noon-1.30pm, Adults 16+ 12-3pm free
Tennis courts, Canning Town Recreation Ground Prince Regent Lane, E16 3JP
Call 07968 898 709
lovetennisacademy@gmail.com
Thurs 8-16 years 5-6pm
Adults 16+ 6-7pm free
Tennis courts Central Park, High Street South E6
Call 020 3373 9000

50+ ACTIVITIES

Newham Stridars
Free sociable walking group, seven days a week
Call 0844 414 2728

Bowls club
For over 16s, U16s welcome with an adult
Sun Fri 12.30-3pm West Ham Lawn Bowling Club Stratford Park West Ham Lane E15 call 020 7503 4316
Weds, 2-5pm Plashet Park Bowling Club, Plashet Park, Plashet Grove, E6
call 020 8471 3821
Weds 3-6pm Central Park Bowling Club Central Park High Street South E6 call 020 8519 2126
Thurs, 2.30-5.30pm, Phoenix Bowling Club, Royal Victoria Gardens, Albert Road, E16, call 020 7511 6812.

Qi Gong
Thurs 8pm for adults £5 per session Docklands Community Boat, near ExCeL. Meet at the gates to Millennium Mill, Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven.com

Baginnars' Ballroom
Mon 10am-12noon, St Paul's Church Centre Burges Road, E6 £2.50 per session Call 07761 209 463

Gemini Square Dance Club
Mon, 8-10.30pm, Chandos Community Centre Colegrave Road E15 Ideal for 50+ £4 per session including tea and biscuits Call 020 8529 1602 or email mbro22@hotmail.com

Nordic Walking
Fri, 6.30-8pm free
Starting point from Balaam Leisure Centre
Sun, 10-11.30am, free
Starting point is East Ham Leisure Centre

GREEN

Garden Club
Tuesday 1-3pm Thurs 4-7pm, Sat 10am-4pm, free
Abbey Gardens Bakers Row, Stratford E15

Gardening Thymes
Gardening Club
Fri 11am-1pm, free
Bowling Green, Central Park, High Street South E6

Bloomin Nailywell summar programma
Every Fri until 30 Aug 3-6pm
arts, crafts and wildlife projects
Hallywell Crescent, Beckton E6 (woods by North Beckton Primary) Call 07702 267 068

DOORSTEP CLUBS

Gym & Baskatball Doorstep Sports Club (14+)
Tues 6-10pm £1.50 Rokeby School, Canning Town E16

Athletics & Multi Sport Doorstep Sports Club (14+)
Tues, 5.30-6.30pm free
Newham Leisure Centre

Kickz into Athletics (5+)
Football and athletics sessions

Sat 5-8 years 9am 8 12 years 10am 12 16 years 11am, £1

Stunt & Tumble (14+)
Thurs, 7 30–9pm £5
Talent Cheer & Dance, Gallions Reach

FEMALE SPORTS

Dare2Dance
Street dance classes for girls, 12-16s Fri 3 30-5 30pm
Newham Leisure Centre Prince Regent Lane, E13
Call 020 3373 9000

Girls Spinning Sessions
Mon and Weds, 4-4 30pm
11 16, Newham Leisure Centre, Prince Regent Lane E13 Call 020 7511 4477

Female Only Gym Sessions
Tues and Thurs, 3 30-5pm
11 16s Weds 1.30-3pm, 16-25s. Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes (16+)
Mons, 4 15 5 15pm Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football
Tues, 3 30 5 30pm 11-16s
Newham Leisure Centre, Prince Regent Lane, E13

Female Multi-Sports
Fri 4 15 5 15pm Cardio, Tennis Handball Rounders Football and more Little Ilford Youth Zone Rectory Road E12
Call 020 8556 5973 or email Farrakh Khan@locsp org

Sheila's Yummy Mummy buggy (16+)
£5 per session
Mon, 10-11 30am
East Ham Central Park, E6 (meet outside cafe in the park)
Fri, 10-11 30am, Plashet Park, Plashet Grove, E6
Call 07908 614 598 or email spoleon@aol com

Janice's Fitness (16+)
Tues, 9 30 10 30am
Thurs 9 30 10 30am
Soca and Zumba fitness sessions £5 per session
St George and St Ethelbert Church Hall Burford Road, E6
Email info@jfkarate co uk or call 07818 000 643

Zumba, Soca and Salsa Fusion
Mon, 6 45-7 45pm, £5
The Hartley Centre
267 Barking Road E6
Call 07818 000 643

Aerobics
Thurs 7 8pm, £5
Langdon School Sports Centre Sussex Road E6

Sonia's Circuits (16+)
Tues and Fri, 10 11am £4
Ridley Christian Centre
94 Upton Lane E7
Call 07763 230 106

Body Blast (16+)
Mon 7 8pm Weds, 12 30-1 30pm and Thurs, 6 7pm
£5 per session Talent Central, Unit 27a 3 Armada Way Gallions Reach Shopping Park E6 Call 07866 612 610

Abs Blast
Thurs, 5.30-6 15pm, 11-16s, £3 Newham Leisure Centre, Prince Regent Lane, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults
Sat, 4 30-5 30pm Newham Otters Swimming Club Newham Leisure Centre, E13 For more details call 07931 788 739
Sun, 12 30-2pm, Family Swim, Balaam Leisure Centre E13, £5 Call 020 7476 5274

Swim for Families dealing with Autism
Wed 4 5pm Balaam Leisure Centre, E13 Call 020 7476 5274

Get fit for free
Tues, 1.30-3 30pm and Fri, 10am 12noon Free gym use for people with learning disabilities Newham Leisure Centre To book an induction call 020 7511 4477

Running

B1 Football Club
Third Sun of every month, 10am 12noon East Ham Leisure Centre E6

Disabled Athletics
Tues 4 15 6 15pm 11 18s, Brampton Manor Roman Road, E6
Thurs, 4 30-5 55pm, St Angela s Ursuline School, 1 St George s Road, E7
Email cnourrce@englandathletics org

Ability Club
Multisports for disabled young people (11-25yrs)
Weds 4-5pm Newham 6th Form College, Prince Regent Lane, E13

Trampolining Sessions
Fri 5 7pm and Sat, 12noon-2pm U19s Newham Leisure Centre E13 Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed, 10am 12noon, East Ham Leisure Centre, E6 £1 15 per session Call 020 8548 5850

RUNNING

East End Road Runners
Tues and Thurs 7pm
Sun, 9am meet on the track, coached sessions for all abilities
Newham Leisure Centre, Prince Regent Lane, E13
Call 07979 261 647

Run England sessions
All sessions are £2 unless indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon, 4 5 30pm Newham Leisure Centre, E13 (meet on the track)
5 45-6 45pm, Newham Dockside E16 (meet at reception)
Tues, 6 7pm Newham Leisure Centre E13 (meet on the track)
Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs free 5 15 6 15pm, UEL Docklands Campus E16 (meet at reception)
Sat, 10-11 30am East Ham Central Park, E6 (meet at the cafe)
10-11 30am Wanstead Flats, E12 (meet at Harrow Road Changing Pavilion)
10-11.30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Beckton Park Run
Sat 9am free
Beckton Park South, E16
Call 07718 394 756
www parkrun org/beckton

SPORTS

London Youth Games
Mon 4 30-6pm U14 Newham Leisure Centre Prince Regent Lane E13

BMX
Sun 10am-12noon, 6-16s
£3/£2 members/£10 annual membership
Gooseley Playing Fields, St Albans Avenue, E6
Call 07961 333 615 or email paul farthing@actvenewham org uk

Rounders (16+)
Weds 6 30 8pm

Newham Leisure Centre E13
Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Cricket (6-16 yrs)
Weds 5 7pm
West Ham Park, E7, email paul.farthing@activenewham.org.uk

Swimming
Newham Young Britons ASC
Sat, 6 15 7pm Learn to swim and improve your strokes
Children's session, (£2) 5 16
Newham Leisure Centre
Prince Regent Lane, E13
Call 07956 304 518

Woodside Badminton Club
Fri, 5 9 30pm, intermediate and club standard players welcome, £5 waged/£3 unwaged, Carpenters Docklands Centre 98 Gibbins Road E15 Call 07958 761 676 / 07956 150 240

STRATFORD CIRCUS SUMMER ARTS

Monday 5 to Friday 9 August, 10am 2pm
Youth Theatre Summer School, for ages 9 13 years
Learn theatre skills and take part in an ensemble performance £50
Thursday 8 August 2 3 30pm and 3 30 5pm
Wanted little explorers with big imaginations for under 5s
An afternoon of stories and activities Children £4 parents £1
Monday 12 to Friday 16 August, 9 30am 12 30pm
Creative Club Physical theatre, for ages 5-8 years
Develop performance and physical theatre skills £50
Monday 12 to Friday 16 August 1 5pm
Glee Club Summer School, for ages 5 11 years
Sing dance and perform in a summer seaside musical £85
Monday 19 to Friday 23 August, 10am 3pm
Design, make, construct for ages 14-18 years
A summer school in theatre design £25
Saturday 24 August, 11am 12 30pm 1 30 3pm
Youth Choir workshops for ages 10 18 years
Join in a taster session and try out for the choir Free
Call 020 7473 7724

FOOTBALL

Mayor's Football League
U10s, U12s, Mon, 4 30 6pm and U16s, U18s, 6-7pm
Newham Leisure Centre
Prince Regent Lane, E13

WHU Kickz
Mon, U14s 4-5 30pm
15+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s 5 8pm
Forest Gate Youth Centre E7
Tues U14s, 4-5 30pm
15+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s 6 9pm
Priory Park MUGA E6
Weds 11-18s, 5-8pm
Priory Park MUGA, E6
Thurs 11 18s 4 7pm
Priory Park MUGA, E6
Fri, U14s, 4-5 30pm
Girls 11+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s 5-8pm
Forest Gate Youth Centre, E7

Football & Multi Sports
Mon 5 30-7pm 8-19s
Weds, 5-7pm, 8-19s,
Stratford Park MUGA,
West Ham Lane E15

5-a-side Football Competition
Weds 5 6 30pm, 8-19s Fords Park, Fords Park Road E16
Thurs 5 30-7pm, 8-19s, Royal Victoria Gardens, Pier Road, E6
First Sat of the month 10am 1pm, U12s/U14s/U16s Plashet Park Plashet Grove, E6

Football & Multi-Sports
Sat, 2-3 30pm, 8-19s, Winsor Park Estate, Winsor School MUGA, East Ham Manor Way E6

AIR Football (16+)
Tues 1 3pm and Fri 10am 12noon 16+ Memorial Park Memorial Avenue E15
Fri, 3 5pm, Beckton Powerleague, E6
Visit www.airfootball.co.uk

Ascension Football Academy
All sessions £3
School years. Reception to 11
Sat 10-11 30am
King George V Park
King George Avenue E16
Call 07806 584 925

Men's Health Football Fitness Sessions
Sat 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6
Call 020 7473 7724

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Tues 6 August
10am, Licensing Sub-committee Large Committee Room, Old Town Hall, Stratford, E15

Thurs 8 August
10am, Licensing Sub committee Large Committee Room, Old Town Hall, Stratford E15
Visit **www.newham.gov.uk/committee** for updates

CONTACT THE MAYOR

There are no telephone or walk in surgeries in August but you can still raise your query with the Mayor by writing to him at the Mayor's Office 1000 Dockside Road London E16 2QU or email mayor@newham.gov.uk

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way E6
Canning Town
Barking Road, E16
Custom House
Prince Regent Lane E16
East Ham
High Street South, E6
Green Street
337 341 Green Street
The Gate 6-8 Woodgrange Road, Forest Gate, E7
Manor Park
685 691 Romford Road, E12
North Woolwich
5 Pier Parade E16
Plaistow North Street, E13
Stratford 3 The Grove E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6681 email archiveslocalstudies@newham.gov.uk
Community Outreach Services To find out more call 020 3373 0813

Hundreds of services – one website Visit **www.newham.gov.uk**

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THEATRE ROYAL STRATFORD EAST
LOVE N STUFF
A comedy by TANIKA GUPTA
Directed by KERRY MICHAEL
Designed by KEITH KHAN
Music by NIRAJ CHAG
Cast
RINA FATANIA
TONY JAYAWARDENA
A hilarious new show!
13 SEP - 5 OCT
STRATFORD EAST.COM
THEATRE ROYAL STRATFORD EAST
GERRY RAFFLES SQ, E15 1BN
020 8534 0310
...a people's theatre
/theatreroyalstratfordeast
@stratfordeast #LoveNStuff
NEWHAM DISCOUNT NIGHT
TUES 17 SEP
£2.50 TICKETS!
Available to Newham residents who are first time bookers at the theatre. Proof of address required. Offer not available online
Supported by
east village london E20
London's newest neighbourhood
ARTS COUNCIL ENGLAND
Newham London

Newham London

UNDER THE STARS

FOUR NIGHTS OF FANTASTIC FREE OUTDOOR LIVE MUSIC

THURSDAY 15 AUGUST

INCOGNITO

THE BRAND NEW HEAVIES

CIYO BROWN

DJS JAMES ANTHONY AND ASH SELECTOR

FRIDAY 16 AUGUST

DCS FEAT. SHIN

TAZ STEREO NATION

JUGGY D

GAANA RAJAS

ALI ABBAS

JUGGLING INFERNO – FIRE SHOW

KISS FM PRESENTER DJ NEEV

SATURDAY 17 AUGUST

BONEY M

FEATURING LIZ MITCHELL

IMAGINATION

THE REAL THING

DJS JAMES ANTHONY AND ASH SELECTOR

SUNDAY 18 AUGUST

ROYAL PHILHARMONIC ORCHESTRA

SPECTACULAR FIREWORKS FINALE

No public parking please use public transport. You may be searched as a condition of entry. No glass bottles or dogs

AT CENTRAL PARK, EAST HAM, E6. GATES OPEN 6.30pm

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